

PARTNER ABUSE: SAFETY BEHAVIORS INTERVENTIONS

POSTPARTUM SESSION 1: SAFETY, SUPPORT AND EQUALITY IN RELATIONSHIPS

OPTION 1: NO ABUSE

TOPIC	GUIDES (HANDOUTS)	ADVISOR TALKING POINTS
INTRODUCTION Current Abuse Status	<ul style="list-style-type: none">• Guide 1 - Cycle of Abuse• Cycle of Abuse Assessment	<ul style="list-style-type: none">• This is our first meeting since you have had the baby.• During our sessions before the baby we talked about the fact that you and your partner had some conflicts. Conflict is a normal part of relationships and couples have a variety of ways of solving differences.• Sometimes after a new baby comes into the family - conflict may start again or even increase - especially since the baby requires more of your time, the baby is up at night and may keep you and your partner up, or the baby's crying may upset your partner.• It is concerning if the arrival of the new baby starts or increases the conflicts and couples solve their differences in a way that hurts the woman and/or her new baby or other children.• You remember we have talked about how the fighting can affect you and how your partner may use many different behaviors or words to hurt you or to control you.• Fighting can affect your baby or other children. They hear, see, or may be hurt during a fight (intentionally or unintentionally).• Since we have last talked how have things been in your relationship? <p><i>Use Guide 1 - Cycle of Abuse - let her describe where she is and fill in where she is on the Cycle of Abuse Assessment Chart</i></p> <ul style="list-style-type: none">• Where are you on the Cycle? - Please tell me if any thing has happened since the baby was born or since we have last talked.• Tell me about any new incidents of abuse.• Have your behaviors changed? How?• Has your partner's behavior changed? New types of abuse? Controlling behavior?• Have you used the calendar - to note when your partner hurts you? Uses controlling behavior?

**IF THERE IS NO FIGHTING (ABUSE) AND SHE FEELS CONFIDENT THAT THERE WILL BE NO MORE FIGHTING (ABUSE)
FOCUS ON SUPPORT, EQUALITY AND REINFORCING MESSAGES.**

TOPIC	GUIDES (HANDOUTS)	ADVISOR TALKING POINTS
REINFORCING MESSAGE		<ul style="list-style-type: none"> Since the fighting has stopped - then we don't need to spend much time reviewing your safety plans. It is important to be prepared if the fighting starts again. I want you to keep in mind the things we have said about the possibility that the tension and fighting can start again. So it will be important: <ul style="list-style-type: none"> Maintain your Circle of Support (USE GUIDE 2) Continue to work towards Equality in your relationship with your partner (GUIDE 3) Keep in mind your friends, support and your plans for keeping yourself and your new baby and other children safe. Use your Personal Relationship Strategies (USE GUIDE 7)
PARTNER ABUSE EDUCATION My Circle of Support The Equality Wheel	<ul style="list-style-type: none"> Guide 2 - My Circle of Support Guide 3 - The Equality Wheel 	<p><i>Refer to Guide 2 and Workbook - My Circle of Support. Review her Circle of Support</i></p> <ul style="list-style-type: none"> Now that the baby is home, it is still important to have family or friends or other people that you can turn to if you need help (or if the fighting starts you may need their help to keep you and the baby and the children safe) Help her to look at her Circle of Support - to add or fill gaps (names and telephone numbers) <p><i>Refer to Guide 3 - The Equality Wheel</i></p> <ul style="list-style-type: none"> Now that the new baby is home, you may need more help with the baby and the other children. This may be a good time talk to your partner again about sharing and dividing up the responsibilities or moving towards more Equality in your relationship. Have you been able to talk with your partner about this now that the baby is home? Lets look at the Equality Wheel for ideas you think you might be able to try now that the baby is home. Help her to identify steps and things she might try in the next few weeks. <p>It is important to remember that trying new things might cause the conflict or fighting to start - so think about whether you want to try these things (it will be important to keep your Safety Plan ready and in mind).</p>

OPTION 2: ABUSE CONTINUES

IF FIGHTING HAS CONTINUED OR STARTED AGAIN - THEN GO TO MY CIRCLE OF SUPPORT, EQUALITY WHEEL, SAFETY ASSESSMENT, OPTIONS, SAFETY PLAN AND PERSONAL RELATIONSHIP STRATEGIES

TOPIC	GUIDES (HANDOUTS)	ADVISOR TALKING POINTS
PARTNER ABUSE EDUCATION My Circle of Support The Equality Wheel	<ul style="list-style-type: none"> Guide 2 - My Circle of Support Guide 3 - The Equality Wheel 	<p><i>Refer to Guide 2 and Workbook - My Circle of support. Review her Circle of Support</i></p> <ul style="list-style-type: none"> Now that the baby is home, and the conflict or fighting has started again or is increasing It is still important to have family or friends or other people and authorities that you can turn to if you need more help to keep you and the baby and the children safe. Help her to look at her Circle of Support - to add or fill gaps (names and telephone numbers) <p><i>Refer to Guide 3 - The Equality Wheel</i></p> <ul style="list-style-type: none"> Now that the new baby is home, you may need more help with the baby and the other children. This may be a good time talk to your partner again about sharing and dividing up the responsibilities or moving towards more Equality in your relationship. Have you been able to talk with your partner about this now that the baby is home? Lets look at the Equality Wheel for ideas you think you might be able to try now that the baby is home. Help her to identify steps and things she might try in the next few weeks. <p>It is important to remember that trying new things might cause the conflict or fighting to increase- so it will be important to have your Safety Plan ready.</p> <p>NOTE: If she feels that trying to work towards Equality will make her unsafe - then do not encourage - (THIS IS A LOW PRIORITY)</p>

TOPIC	GUIDES (HANDOUTS)	ADVISOR TALKING POINTS
SAFETY ASSESSMENT	<ul style="list-style-type: none"> • Guide 4 – Safety Status Assessment • Safety Assessment (Workbook) 	<p>(Assess her current abuse status – Use Guide 4 – Safety Assessment)</p> <ul style="list-style-type: none"> • Is your current partner or a former partner hurting you? <ul style="list-style-type: none"> • <i>Assess Her Safety (Guide 4)</i> <ul style="list-style-type: none"> • Is the abuser here now? __ Yes __ No • Are you afraid of your partner? __ Yes __ No • Are you afraid to go home? __ Yes __ No • Has the physical violence increased in severity? __ Yes __ No • Has the abuser ever been reported for child abuse? __ Yes __ No • Have children witnessed violence in the home? __ Yes __ No • Has he threatened to kill you? __ Yes __ No • Has he threatened to kill himself? __ Yes __ No • Is there a gun in the home? __ Yes __ No • Does he use drugs or alcohol? __ Yes __ No <p>There is no Score that equals Danger – In general the more “Yes” answers, the greater the potential for Danger; note if she is afraid or afraid to return home to the partner or if the partner has a gun and is using alcohol or drugs. Express your concern.</p> <p>I am very concerned for your immediate safety. There are several things we can do right now – we can call a family member or friend. I can call the shelter or I can call the social worker – what do you think would be best?</p>

TOPIC	GUIDES (HANDOUTS)	ADVISOR TALKING POINTS
OPTIONS	<ul style="list-style-type: none"> • Guide 5 – Options • Pamphlet – Options – (page 3) 	<ul style="list-style-type: none"> • You have options or choices- that will help you to stay safe and to keep your baby safe • (Refer to Guide 5- Pamphlet – Page 3) • Your options are to: <ul style="list-style-type: none"> • Stay with the abuser <ul style="list-style-type: none"> • If you stay – Make a Safety Plan (Avoid fighting in the kitchen or bathroom; remove weapons); Call the police if he abuses again; Attend a battered women’s support group; Get the abuser to go to batterer’s intervention; Get him to go to substance abuse treatment; Get counseling for the children; Get counseling for yourself • Remove the abuser (ARREST) <ul style="list-style-type: none"> • Best way to stop the abuse; Temporarily removes the abuser; Police can arrest and file charges- woman can file charges and police arrest; Filing a report is not the same as filing a charge – Ask the police what they are filing; Court can order him to batterer intervention program • Protective Orders <ul style="list-style-type: none"> • Prohibits abuser from coming within a specified distance of work and home and from communicating with woman; If abuser violates order, he can be arrested; After abuser is removed –change all door locks; Have a Safety Plan • Leave the Abuser <ul style="list-style-type: none"> • Battered Women’s Shelter • Family or Friends

TOPIC	GUIDES (HANDOUTS)	ADVISOR TALKING POINTS
SAFETY PLAN	<ul style="list-style-type: none"> • Guide 6 – Safety Plan • Pamphlet – Safety Plan (page 4) • Pamphlet – Resources (page 5) 	<ul style="list-style-type: none"> • I am glad you were able to talk about the abuse in your relationship. • Now we can discuss things you can do to keep you and your baby safe. • You can use a <u>calendar</u> to make notes of when the fighting or abuse is happening (Refer to Guide 6 – Safety Plan- page 3 of Pamphlet) <ul style="list-style-type: none"> • TRY TO DO THE FOLLOWING: <ul style="list-style-type: none"> • Hide money • Hide extra set of house or car keys • Establish code with family and friends • Ask neighbors to call police if violence begins • Remove weapons • Have available <ul style="list-style-type: none"> • Social security numbers (his, yours, children) • Rent and utility receipts • Birth certificates (yours and children) • Bank account numbers • Insurance policies and numbers • Marriage license or divorce decree • Valuables (jewelry) • Important telephone numbers • Hide bag with extra clothes • Talk to children

TOPIC	GUIDES (HANDOUTS)	ADVISOR TALKING POINTS
PERSONAL RELATIONSHIPS STRATEGIES	Guide 7 - Personal Relationship Strategies	<p>What are your Personal Relationship Strategies?</p> <ul style="list-style-type: none"> • Will you do something different in the next few weeks? • List what steps you will take. • Add to "My Circle of Support" • Make a list or add to the list the things that you and your partner can do to move toward Equality in your relationship (OPTIONAL). <p><i>Use page - of the Pamphlet</i></p> <ul style="list-style-type: none"> • Let's also List or Update Other Resources (Telephone Numbers) <ul style="list-style-type: none"> • Emergency • Shelter • Counseling • Legal • Pregnancy Advisor (Clinic Contact) • Other • Is it safe for you to take this pamphlet home today? • I also have a card with some helpful numbers - it does not indicate that they are abuse numbers - would you like to take this home instead? <p>Today you have thought about your Circle of Support and made sure that you have sources of help now that the baby is home. You have also been thinking about working towards more Equality in your relationship and small steps you can take towards Equality now that the baby is born. IT WILL BE IMPORTANT TO CONTINUE TO WORK ON YOUR PERSONAL RELATIONSHIP STRATEGIES AND TO KEEP YOUR SAFETY PLAN READY.</p> <p>I want you to remember that you did not cause any abuse you may have suffered. No woman, her baby, or her child deserves to be hurt.</p>
CONCLUSION		